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I truly appreciate your feedback to help my little store grow.

If you have any questions or concerns, please email me at:



heartandmindteaching@gmail.com

♥
Ashley

Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter. ✨ ✨ ✨





Google Slides

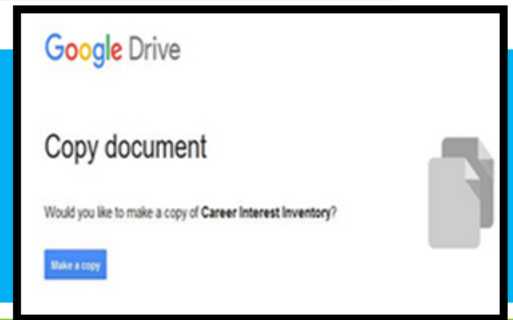
YOUR RESOURCE COMES WITH A DIGITAL VERSION FOR USE IN GOOGLE SLIDES VIA GOOGLE CLASSROOM. FOLLOW THESE STEPS TO UPLOAD YOUR RESOURCE.

Click here to get your copy:

Disaster Ed: Tornado

1

You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.



2

Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

3

Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

4

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

5

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT! Otherwise, they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post! This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



DISASTER EDUCATION: TORNADO

Session Objective:

- *Students will recognize weather signs of a tornado.
- *Students will identify how a tornado forms and how to measure its intensity.
- *Students will identify different coping skills.

Materials:

- Handouts & PowerPoint
- Pencils

Guiding Questions:

- *What are some signs that a tornado might form?
- *What are some coping skills we can use?

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Self-Management Skills: Effective coping skills. (B-SMS 7)
- *Behavior: Self-Management Skills: Personal Safety Skills. (B-SMS 9)

SEL Competencies:

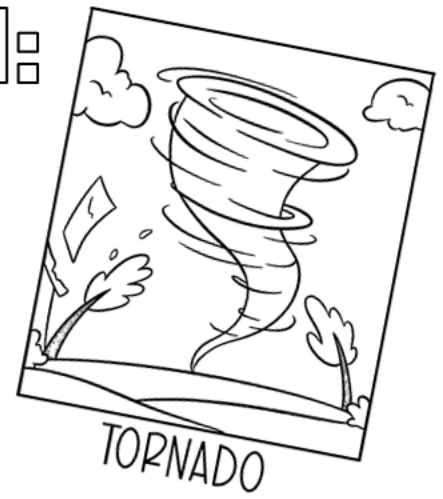
- *Self-Awareness: Identifying Emotions, Accurate Self-perception.
- *Self-Management: Stress Management.
- *Responsible Decision-Making: Analyzing situations, reflecting.

Session Details

- Give Stress Assessment (page 42-43) to students. This is helpful data to give before and after the lesson to gauge how students are coping if they recently experienced this disaster.
- Present the PowerPoint to students, using the handouts as a visual reminder to post in class.
- How a Tornado Forms Activity: Have students number the tornado images to show the order that a Tornado forms and explain what is happening in each photo (they are out of order).
- How to Measure a Tornado Activity: Match the description to the Fujita Scale Tornado Rating.
- Tornado Weather Clues: Read the descriptions and determine the tornado weather clues.
- Tornado Preparation Activity: Determine if the statement is true or false.
- Tornado Drill Activity: Put students into small groups (3-5) and give each group a role-play scenario (cut them out below). Have them plan it and then perform it in front of the class.
- After the storm reflection pages: Have students write their answers.
- Tornado Funnel Feelings Activity: Show the coping skills from page 26 as an example, for pages 27-30 have students write in a coping skill they would use and draw it in the box.
- Post-Storm Coping Affirmations: Read to students and have them say it back to you. Display in classroom for on-going use.
- Breathing Exercises- Read to students, have them practice the techniques. Display in classroom.
- Grounding Technique: Read to students, have them practice the techniques. Display in classroom.
- Guided Visualization: Read to students. Display in classroom for on-going use.
- RAIN technique: Have students get in a comfortable position, read the RAIN out loud.
- Yoga Moves: Use these yoga visuals and descriptions to guide students to do them.
- Body Scan Meditation: Use this to guide students through meditation.
- Look for the helpers: Have students answer the questions and then write a letter of thanks to a local community helper.

DISASTER EDUCATION:

TORNADO



➡ GAIN KNOWLEDGE

TABLE OF CONTENTS

➡ HOW A TORNADO FORMS

P. 5 INFORMATIVE HANDOUT/POSTER

P. 6 SEQUENCING ACTIVITY

➡ HOW TO MEASURE A TORNADO

P. 7 INFORMATIVE HANDOUT/POSTER

P. 8 MATCHING ACTIVITY

➡ TORNADO WEATHER CLUES

P. 9 INFORMATIVE HANDOUT/POSTER

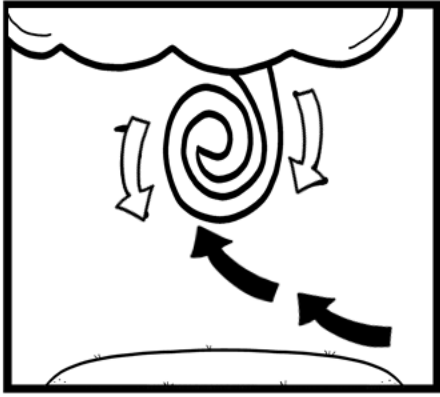
P. 10-11 SCENARIO ACTIVITY

DISASTER EDUCATION: TORNADO

➡ GAIN KNOWLEDGE

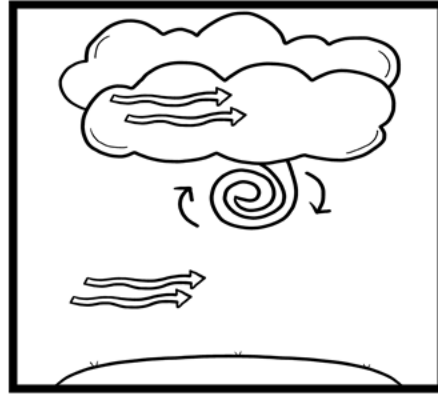


HOW A TORNADO FORMS



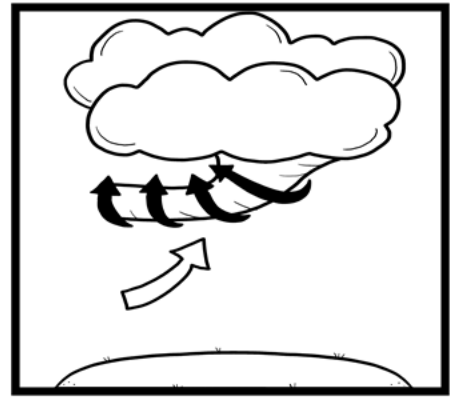
WARM & COLD AIR MEET

WARM AIR IS LIGHT AND LIKES TO RISE UP, AND COLD AIR IS HEAVY AND LIKES TO SINK DOWN. WHEN THEY MEET, IT MAKES THE AIR SWIRL.



THUNDERSTORM FORMS

INSIDE THE STORM, WARM AIR PUSHES UP FAST, AND COLD AIR PUSHES DOWN. THIS MAKES THE CLOUDS DARK AND STORMY.



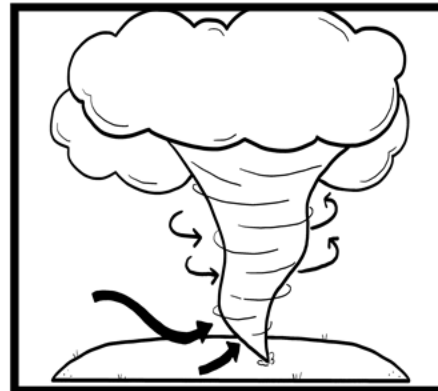
SPINNING STARTS

IF THE WINDS ARE BLOWING FROM DIFFERENT DIRECTIONS, THE AIR BEGINS TO SPIN SIDeways.



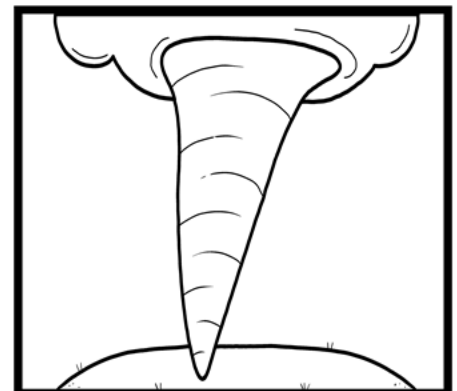
SPIN TILTS UP

THE STORM'S RISING AIR PUSHES THAT ROLLING SPIN UPRIGHT



FUNNEL CLOUD FORMS

THE SPINNING GETS FASTER AND TIGHTER, AND A FUNNEL SHAPE DROPS DOWN FROM THE CLOUD.



TOUCHES GROUND

IF THE FUNNEL REACHES THE GROUND, IT BECOMES A TORNADO.

DISASTER EDUCATION: TORNADO

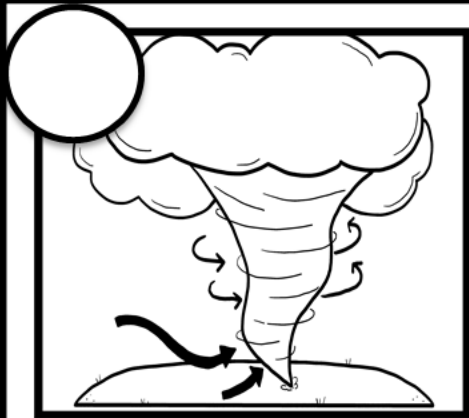
➡ GAIN KNOWLEDGE: ACTIVITY



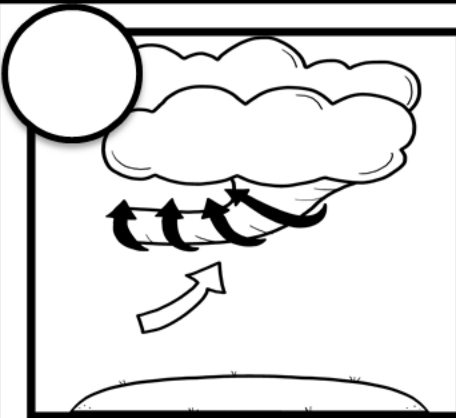
HOW A TORNADO FORMS

NUMBER THE IMAGES IN THE ORDER THAT A TORNADO FORMS. BELOW EACH IMAGE DESCRIBE WHAT IS HAPPENING.

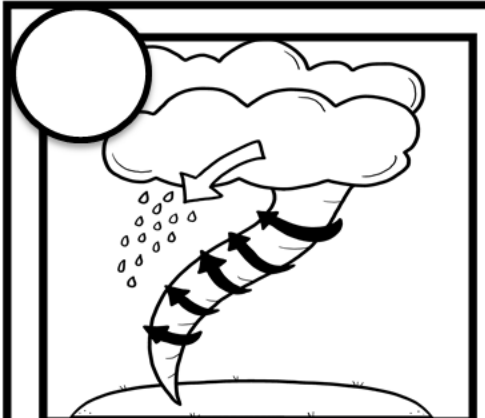
©Heart and Mind Teaching



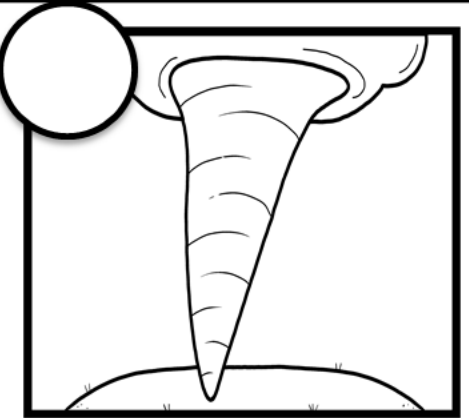
FUNNEL CLOUD FORMS



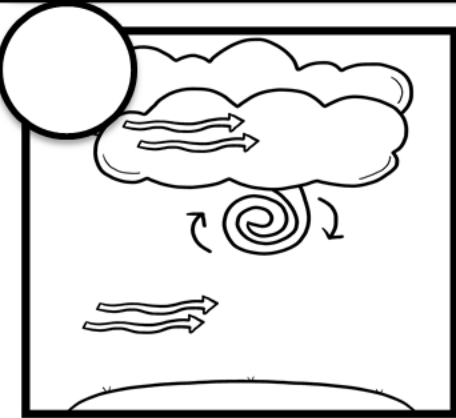
SPINNING STARTS



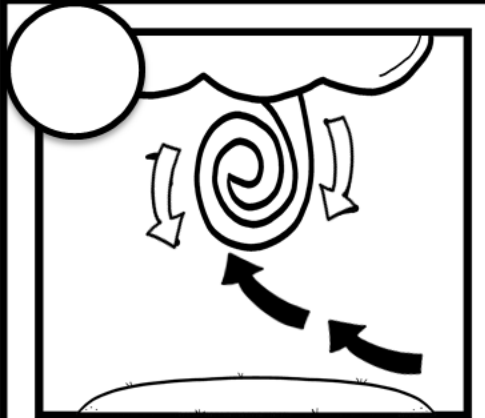
SPIN TILTS UP



TOUCHES GROUND



THUNDERSTORM FORMS



WARM & COLD AIR MEET

DISASTER EDUCATION: TORNADO

➡ GAIN KNOWLEDGE



HOW TO MEASURE A TORNADO

THE FUJITA SCALE MEASURES HOW STRONG A TORNADO IS BY LOOKING AT THE DAMAGE IT CAUSES TO BUILDINGS, TREES, AND THE GROUND. IT GOES FROM EF0 (WEAKEST) TO EF5 (STRONGEST).



EF0

- WIND: 65-85 MPH
- DAMAGE: SMALL BRANCHES BROKEN, SIGNS BENT, SHINGLES RIPPED OFF ROOFS.



EF1

- WIND: 86-110 MPH
- DAMAGE: ROOFS TORN UP, WINDOWS BROKEN, MOBILE HOMES PUSHED OVER.



EF2

- WIND: 111-135 MPH
- DAMAGE: BIG TREES SNAPPED, ROOFS TORN OFF HOUSES, CARS PUSHED AROUND.



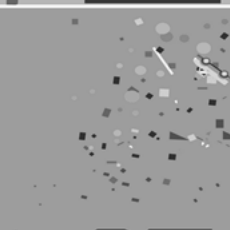
EF3

- WIND: 136-165 MPH
- DAMAGE: ENTIRE HOUSES LOSE THEIR ROOFS/WALLS, TRAINS FLIPPED, FORESTS TORN DOWN.



EF4

- WIND: 166-200 MPH
- DAMAGE: STRONG HOUSES LEVELED, CARS THROWN, LARGE BUILDINGS BADLY DAMAGED.



EF5 STRONGEST

- WIND: OVER 200 MPH
- DAMAGE: HOUSES SWEEPED COMPLETELY AWAY, STEEL AND CONCRETE BUILDINGS DESTROYED, CARS TOSSED LIKE TOYS.

DISASTER EDUCATION: TORNADO

➡ GAIN KNOWLEDGE



HOW TO MEASURE A TORNADO: ACTIVITY

DRAW A LINE MATCHING THE FUJITA SCALE LEVEL TO THE CORRECT DESCRIPTION OF WIND AND DAMAGE.



-WIND: 166-200 MPH
-DAMAGE: STRONG HOUSES LEVELED, CARS THROWN, LARGE BUILDINGS BADLY DAMAGED.

-WIND: 136-165 MPH
-DAMAGE: ENTIRE HOUSES LOSE THEIR ROOFS AND WALLS, TRAINS FLIPPED, FORESTS TORN DOWN.

-WIND: OVER 200 MPH
-DAMAGE: HOUSES SWEEPED COMPLETELY AWAY, STEEL AND CONCRETE BUILDINGS DESTROYED, CARS TOSSED LIKE TOYS.

-WIND: 111-135 MPH
-DAMAGE: BIG TREES SNAPPED, ROOFS TORN OFF HOUSES, CARS PUSHED AROUND.

-WIND: 65-85 MPH
-DAMAGE: SMALL BRANCHES BROKEN, SIGNS BENT, SHINGLES RIPPED OFF ROOFS.

-WIND: 86-110 MPH
-DAMAGE: ROOFS TORN UP, WINDOWS BROKEN, MOBILE HOMES PUSHED OVER.

DISASTER EDUCATION: TORNADO

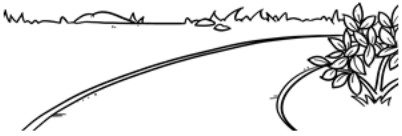
➡ GAIN KNOWLEDGE



TORNADO WEATHER CLUES



VERY DARK, GREENISH SKY – STORM CLOUDS MAY LOOK DARKER THAN USUAL, SOMETIMES WITH A GREEN TINT.



STRONG WIND THAT CHANGES DIRECTION QUICKLY – THE WIND MAY SUDDENLY SHIFT OR BLOW IN A STRANGE WAY.



BIG, PUFFY THUNDERCLOUDS – CALLED SUPERCLOUDS, THESE GIANT STORM CLOUDS ARE WHERE TORNADOES USUALLY COME FROM.



HAILSTONES – EVEN WHEN IT ISN'T SUPER COLD, A STORM WITH HAIL CAN SOMETIMES MEAN A TORNADO COULD FORM.



LOUD ROARING SOUND – SOME PEOPLE DESCRIBE IT LIKE A TRAIN COMING.



A WALL CLOUD – A LOWERING, HEAVY PART OF THE CLOUD THAT LOOKS LIKE IT'S HANGING DOWN.

LISTEN TO WEATHER ALERTS AND SIRENS TOO, WHICH ARE CLUES THAT CONDITIONS ARE JUST RIGHT FOR TORNADOES.



A FUNNEL SHAPE IN THE SKY – THIS IS THE MOST OBVIOUS CLUE THAT A TORNADO MAY BE STARTING.

DISASTER EDUCATION: TORNADO

➡ GAIN KNOWLEDGE



TORNADO WEATHER CLUES

READ THE SCENARIOS AND WRITE THE WEATHER CLUES IN THE BOX.

WEATHER CLUES OF A
POSSIBLE TORNADO



IT WAS ONLY 3:00 P.M., BUT THE SKY LOOKED LIKE NIGHTTIME. HEAVY CLOUDS SWIRLED LOW, AND THE WIND MADE THE TREES BEND. THE AIR FELT STILL AND HEAVY, TOO QUIET.

JAKE POINTED AT THE SKY. A LONG, GREENISH-GRAY CLOUD SEEMED TO ROLL LIKE A BARREL ACROSS THE HORIZON. SUDDENLY, IT STARTED SPINNING FASTER, AND DUST SWIRLED BELOW IT.

MARIA HEARD SOMETHING STRANGE. IT WASN'T THUNDER—IT SOUNDED LIKE A FREIGHT TRAIN RUSHING PAST HER HOUSE, EVEN THOUGH NO TRAIN TRACKS WERE NEARBY.

ICE CHUNKS THE SIZE OF GOLF BALLS PELTED THE GROUND. THE HAIL FELL FAST, AND THE SKY TURNED AN EERIE SHADE OF GREEN. BIRDS DISAPPEARED, AND THE STREETS GREW EMPTY.



DISASTER EDUCATION: TORNADO

➡ GAIN KNOWLEDGE



TORNADO WEATHER CLUES

READ THE SCENARIOS AND WRITE THE WEATHER CLUES IN THE BOX.

WEATHER CLUES OF A
POSSIBLE TORNADO



AS THE KIDS WALKED HOME, THEY SAW A FUNNEL CLOUD DIP DOWN FROM THE STORM ABOVE. IT TWISTED AND SPUN, REACHING CLOSER TO THE GROUND EVERY SECOND.

EMMA NOTICED LEAVES, TRASH, AND LITTLE STICKS SUDDENLY LIFTING INTO THE AIR, SWIRLING IN CIRCLES EVEN THOUGH THE STORM WASN'T OVERHEAD YET.

THE CLOUDS GREW DARKER AND DARKER UNTIL THE WHOLE SKY LOOKED GREEN. LIGHTNING FLASHED, AND THUNDER CRACKED, BUT THE STRANGEST PART WAS HOW LOW THE CLOUDS SANK TOWARD THE GROUND.

NOAH SQUINTED AT THE CLOUDS ABOVE. INSTEAD OF MOVING IN ONE DIRECTION, THE WHOLE STORM SYSTEM SPUN IN A CIRCLE. THE CLOUDS ROTATED FASTER AND FASTER, AND PEOPLE NEARBY STARTED RUNNING FOR COVER.



DISASTER EDUCATION:

TORNADO

➡ BE PREPARED

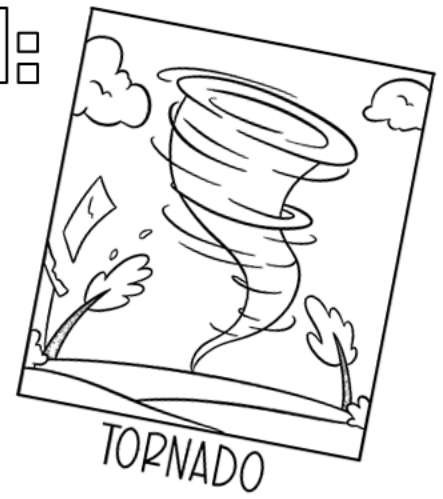


TABLE OF CONTENTS

➡ TORNADO PREPARATION

P. 13 INFORMATIVE HANDOUT/POSTER

P. 14-15 TRUE OR FALSE ACTIVITY

➡ TORNADO DRILL

P. 16 INFORMATIVE HANDOUT/POSTER

P. 17-18 ROLE-PLAY SCENARIOS

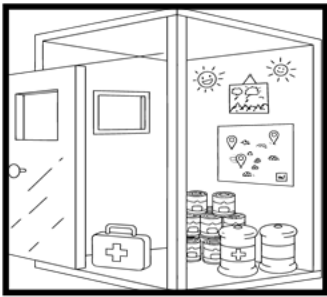
DISASTER EDUCATION: TORNADO

➡ BE PREPARED

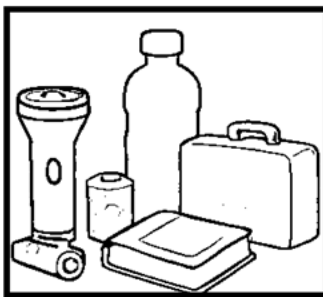


TORNADO PREPARATION

BEFORE A TORNADO



HAVE A SAFE PLACE



MAKE A TORNADO KIT



LISTEN FOR ALERTS



PRACTICE A
TORNADO DRILL

DURING A TORNADO



GET TO THE SAFE PLACE



GET LOW, COVER YOUR
HEAD



STAY AWAY FROM
WINDOWS

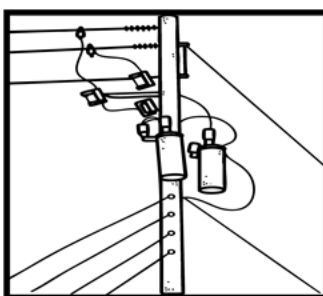


IF OUTSIDE: LIE FLAT IN A
DITCH OR LOW SPOT.

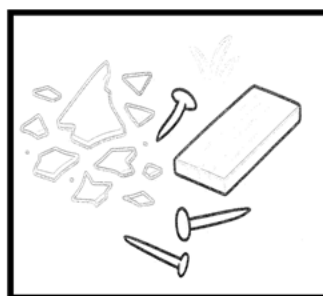
AFTER A TORNADO



STAY PUT UNTIL IT IS
SAFE



STAY AWAY FROM
POWERLINES.



WATCH OUT FOR SHARP
THINGS LIKE GLASS.



HELP OTHERS IF YOU
CAN

DISASTER EDUCATION: TORNADO

➡ BE PREPARED



TORNADO PREPARATION: ACTIVITY

READ THE SCENARIOS AND CIRCLE IF THE TORNADO FACT IS TRUE OR FALSE.

BEFORE A TORNADO, YOU SHOULD ALREADY KNOW A SAFE PLACE TO GO.

TRUE OR FALSE?

THERE IS NO NEED TO PRACTICE A TORNADO DRILL BECAUSE IT COULD HAPPEN AT ANYTIME.

TRUE OR FALSE?

A TORNADO KIT SHOULD INCLUDE BATTERIES AND WATER.

TRUE OR FALSE?

DURING A TORNADO, YOU SHOULD DUCK UNDERNEATH A WINDOW.

TRUE OR FALSE?

DURING A TORNADO, YOU SHOULD SEEK SHELTER VERY QUICKLY.

TRUE OR FALSE?

DURING A TORNADO, YOU SHOULD TRY TO OUTFRAN IT IN YOUR CAR.

TRUE OR FALSE?

DURING A TORNADO, YOU HAVE A GOOD AMOUNT OF TIME TO GET TO SAFETY.

TRUE OR FALSE?



DISASTER EDUCATION: TORNADO

➡ BE PREPARED



TORNADO PREPARATION: ACTIVITY

READ THE SCENARIOS AND CIRCLE IF THE TORNADO FACT IS TRUE OR FALSE.

DURING A TORNADO, YOU SHOULD GET LOW AND COVER YOUR HEAD.

TRUE OR FALSE?

DURING A TORNADO, IF CAUGHT OUTSIDE YOU SHOULD LIE FLAT IN A DITCH.

TRUE OR FALSE?

AFTER A TORNADO, LET THE PROFESSIONALS HELP YOUR NEIGHBORS. THERE IS NO NEED TO HELP THEM.

TRUE OR FALSE?

AFTER A TORNADO, IT IS USUALLY SAFE TO GO NEAR DOWN POWERLINES.

TRUE OR FALSE?

AFTER A TORNADO, YOU SHOULD STAY PUT UNTIL AN ADULT SAYS IT'S SAFE.

TRUE OR FALSE?

AFTER A TORNADO, DEBRIS CAN BE DANGEROUS.

TRUE OR FALSE?

AFTER A TORNADO, YOU HAVE A GOOD AMOUNT OF TIME TO GET TO SAFETY.

TRUE OR FALSE?



TORNADO DRILL

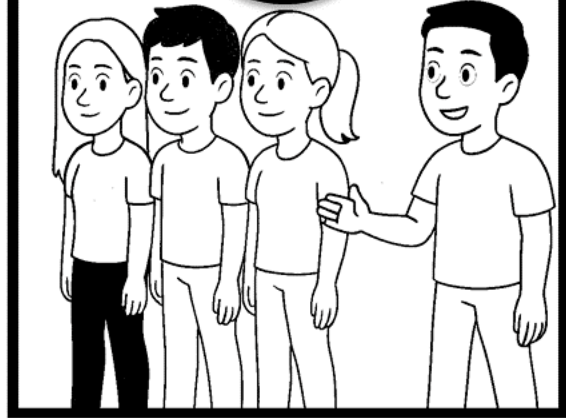


1



STOP WHAT YOU ARE DOING
AND LISTEN FOR INSTRUCTIONS.

2



LINE UP QUICKLY AND QUIETLY
TO GO TO A SAFE PLACE.

3



CROUCH DOWN AND COVER
YOUR HEAD WITH YOUR HANDS.

4



WAIT UNTIL YOU ARE
TOLD IT IS SAFE.

PUT STUDENTS INTO SMALL GROUPS (3-5) AND GIVE EACH GROUP A ROLE-PLAY SCENARIO (CUT THEM OUT BELOW). HAVE THEM PLAN IT AND THEN PERFORM IT IN FRONT OF THE CLASS.

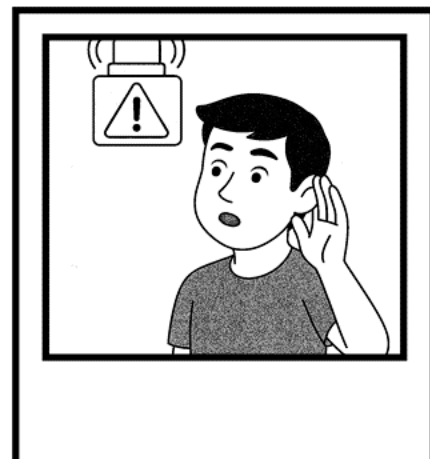
HALLWAY SAFETY

SETUP: THE TORNADO SIREN GOES OFF WHILE STUDENTS ARE IN CLASS.

ROLES: TEACHER, STUDENTS.

ACTIONS: TEACHER CALMLY LEADS STUDENTS INTO THE HALLWAY.

STUDENTS CROUCH DOWN AGAINST THE INSIDE WALL, COVER THEIR HEADS AND NECKS WITH THEIR ARMS, AND STAY LOW UNTIL THE "ALL CLEAR."



CAUGHT IN THE GYM

SETUP: STUDENTS ARE PLAYING BASKETBALL IN THE GYM WHEN AN ANNOUNCEMENT IS MADE.

ROLES: COACH, STUDENTS.

ACTIONS: COACH DIRECTS STUDENTS AWAY FROM THE OPEN SPACE AND LARGE WINDOWS.

STUDENTS MOVE INTO THE LOCKER ROOM OR HALLWAY.

STUDENTS CROUCH DOWN, COVER HEADS, AND WAIT QUIETLY.



RESTROOM RESPONSE

SETUP: A STUDENT IS IN THE RESTROOM WHEN THE ALARM SOUNDS.

ROLES: STUDENT, HALL MONITOR/TEACHER.

ACTIONS: STUDENT LEAVES RESTROOM IMMEDIATELY AND LOOKS FOR THE NEAREST ADULT.

ADULT DIRECTS THEM TO THE SAFE HALLWAY.

STUDENT JOINS PEERS, CROUCHES DOWN, AND COVERS HEAD.



PUT STUDENTS INTO SMALL GROUPS (3-5) AND GIVE EACH GROUP A ROLE-PLAY SCENARIO (CUT THEM OUT BELOW). HAVE THEM PLAN IT AND THEN PERFORM IT IN FRONT OF THE CLASS.

SPORTS PRACTICE OUTSIDE

SETUP: STUDENTS ARE ON THE SOCCER FIELD FOR PRACTICE WHEN THE ALARM SOUNDS.

ROLES: COACH, STUDENTS.

ACTIONS: COACH BLOWS THE WHISTLE AND DIRECTS EVERYONE TOWARD THE NEAREST SAFE BUILDING.

STUDENTS LEAVE EQUIPMENT BEHIND AND HEAD QUICKLY TO SHELTER.

ONCE INSIDE, THEY CROUCH DOWN WITH HANDS OVER HEADS.



WALKING BETWEEN CLASSES

SETUP: A STUDENT IS WALKING BETWEEN BUILDINGS WHEN THE SIREN SOUNDS.

ROLES: STUDENT, TEACHER MONITORING OUTSIDE.

ACTIONS: STUDENT IMMEDIATELY LOOKS FOR THE NEAREST SCHOOL BUILDING.

TEACHER WAVES THE STUDENT INSIDE AND DIRECTS THEM TO THE SAFE HALLWAY.

STUDENT JOINS CLASSMATES, CROUCHES DOWN, AND COVERS THEIR HEAD.



WALKING HOME AFTER SCHOOL

SETUP: A STUDENT IS WALKING HOME JUST OFF SCHOOL PROPERTY WHEN A TORNADO SIREN BEGINS.

ROLES: STUDENT, CROSSING GUARD/NEIGHBOR/ADULT.

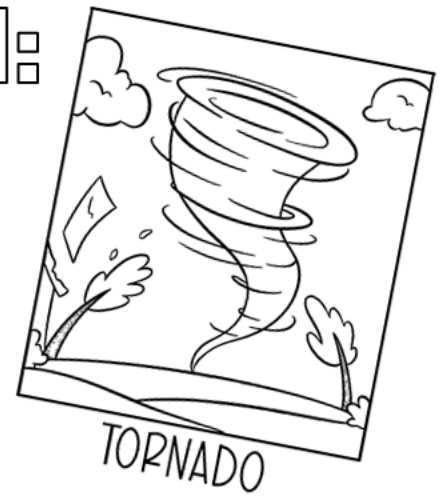
ACTIONS: STUDENT DOES NOT KEEP WALKING HOME.

INSTEAD, THEY FIND THE NEAREST STURDY BUILDING (SCHOOL, STORE, OR HOUSE WITH BASEMENT).

STUDENT CROUCHES IN AN INSIDE HALLWAY OR CLOSET, AWAY FROM WINDOWS.



DISASTER EDUCATION: TORNADO



➡ AFTERMATH/COPING

TABLE OF CONTENTS

➡ PROCESSING AFTER THE STORM

P. 20-24 REFLECTION PAGES

➡ FEELINGS & COPING SKILLS

P. 25-30 TORNADO FEELINGS FUNNEL ACTIVITY

P. 31 POST STORM COPING AFFIRMATIONS

P. 32 BREATHING EXERCISES

P. 33 GROUNDING TECHNIQUE

P. 34 GUIDED VISUALIZATION

P. 35 RAIN TECHNIQUE

P. 36 YOGA MOVES

P. 37-38 BODY SCAN MEDITATION

➡ LOOK FOR THE HELPERS

P. 39 ACTIVITY

P. 40 THANK YOU LETTER TO A HELPER

P. 41 COPING TIPS FOR PARENTS

P. 42-43 STRESS ASSESSMENT

DISASTER EDUCATION: TORNADO

➡ AFTERMATH / COPING



GROWING STRONG AFTER THE STORM

IT'S NORMAL TO FEEL LOTS OF DIFFERENT EMOTIONS AFTER SOMETHING SCARY HAPPENS, AND IT'S IMPORTANT TO EXPLORE AND MANAGE THOSE FEELINGS.

I FELT SCARED WHEN...



THE SOUND THAT FRIGHTENED ME THE MOST WAS...

I FEEL SAFE WHEN...



WHAT ARE SOME OF THE PEOPLE OR THINGS THAT HELP YOU FEEL SAFE?



DISASTER EDUCATION: TORNADO

➡ AFTERMATH / COPING



AFTER THE STORM: COPING WITH CHANGE

IT'S NORMAL TO FEEL LOTS OF DIFFERENT EMOTIONS AFTER SOMETHING SCARY HAPPENS, AND IT'S IMPORTANT TO EXPLORE AND MANAGE THOSE FEELINGS.

SOMETHING THAT IS DIFFERENT IN MY LIFE NOW IS...



ONE THING THAT HAS STAYED THE SAME IS...

WHAT IS YOUR SAFE ROUTINE: (MORNING, BEDTIME, SCHOOL)



HAS YOUR ROUTINE CHANGED SINCE THE STORM?



DISASTER EDUCATION: TORNADO

➡ AFTERMATH / COPING



AFTER THE STORM: EXPRESSING LOSS

IT'S NORMAL TO FEEL LOTS OF DIFFERENT EMOTIONS AFTER SOMETHING SCARY HAPPENS, AND IT'S IMPORTANT TO EXPLORE AND MANAGE THOSE FEELINGS.

SOMETHING I MISS IS...



A MEMORY THAT MAKES ME SMILE IS...

WHAT IS SOMEONE OR SOMETHING THAT BRINGS YOU COMFORT?



WHEN I FEEL SAD, I CAN...



DISASTER EDUCATION: TORNADO

➡ AFTERMATH / COPING



AFTER THE STORM: BUILDING HOPE

IT'S NORMAL TO FEEL LOTS OF DIFFERENT EMOTIONS AFTER SOMETHING SCARY HAPPENS, AND IT'S IMPORTANT TO EXPLORE AND MANAGE THOSE FEELINGS.

SOMETHING GOOD THAT HAPPENED TODAY WAS...

ONE THING I'M LOOKING FORWARD TO IS...

LIST WAYS YOU HAVE HOPE FOR YOUR FUTURE.

A HELPER I CAN COUNT ON IS...



DISASTER EDUCATION: TORNADO

➡ AFTERMATH / COPING



AFTER THE STORM: MY STRENGTHS

IT'S NORMAL TO FEEL LOTS OF DIFFERENT EMOTIONS AFTER SOMETHING SCARY HAPPENS, AND IT'S IMPORTANT TO EXPLORE AND MANAGE THOSE FEELINGS.

SOMETHING I CAN DO TO HELP MYSELF IS...



SOMETHING I CAN DO TO HELP OTHERS IS...

HOW DO YOU FEEL WHEN YOU ARE BRAVE:

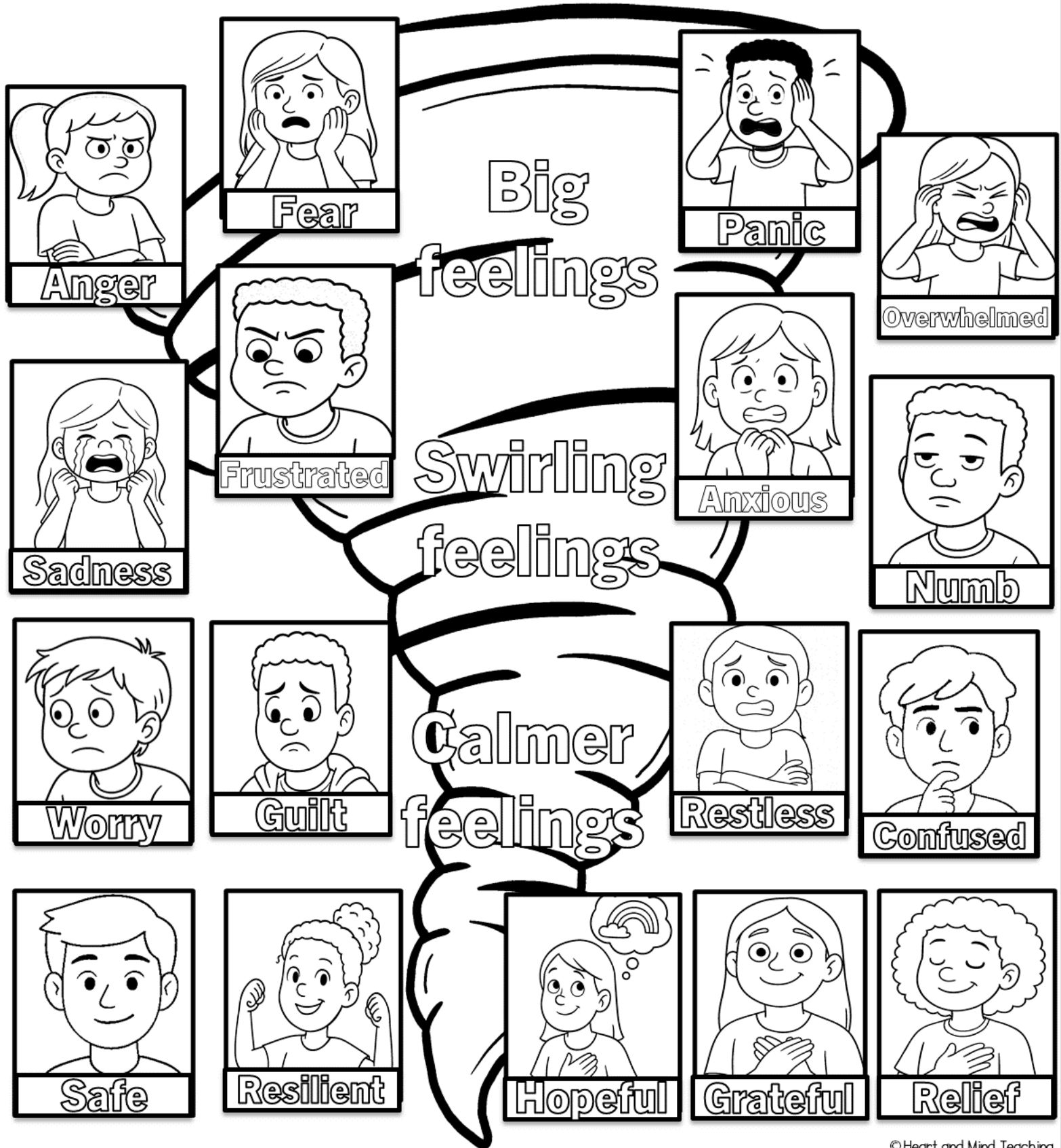


I WAS BRAVE WHEN I....

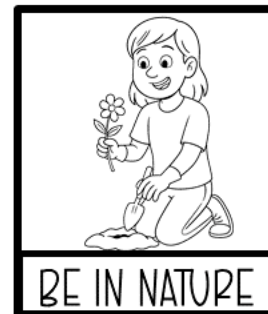
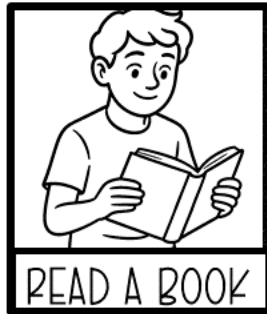


TORNADO FEELINGS FUNNEL

DURING A TORNADO, OUR FEELINGS CAN SPIN AROUND LIKE THE WIND. THEY START REALLY BIG AT THE TOP—SCARY, CONFUSING, OVERWHELMING. BUT IF WE USE CALMING STRATEGIES, THOSE FEELINGS CAN SLOWLY MOVE DOWN THE FUNNEL AND GET SMALLER AND EASIER TO HANDLE.



FEELINGS COPING SKILLS



DISASTER EDUCATION: TORNADO

➡ AFTERMATH / COPING

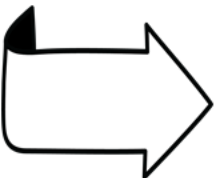
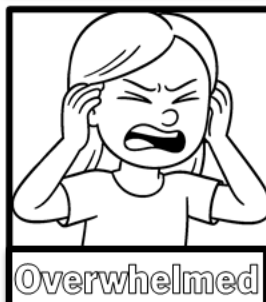
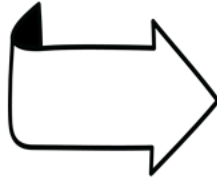
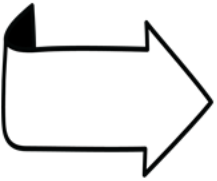
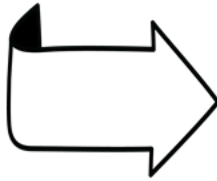


COPING WITH THE AFTERMATH OF A TORNADO: ACTIVITY

BASED ON THE FEELING SHOWN, DECIDE ON A COPING SKILL TO HELP GET THAT FEELING IN CONTROL. THINK OF WHAT WOULD WORK BEST FOR YOU. WRITE YOUR ANSWERS IN THE BOXES.

I AM FEELING...

I CAN DO THIS TO HELP... I CAN ALSO TRY THIS...



DISASTER EDUCATION: TORNADO

➡ AFTERMATH / COPING



COPING WITH THE AFTERMATH OF A TORNADO: ACTIVITY

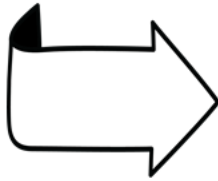
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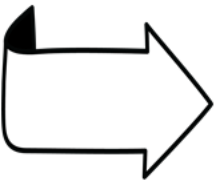
I CAN DO THIS TO HELP... I CAN ALSO TRY THIS...



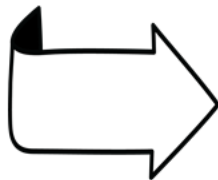
Panic



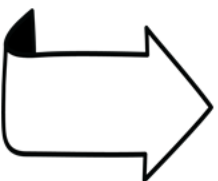
Anxious



Sadness



Numb



DISASTER EDUCATION: TORNADO

➡ AFTERMATH / COPING

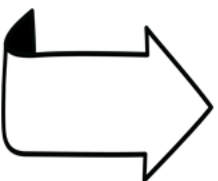
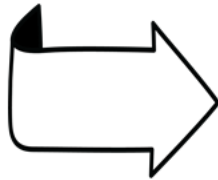
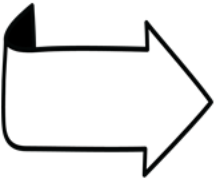
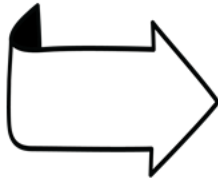
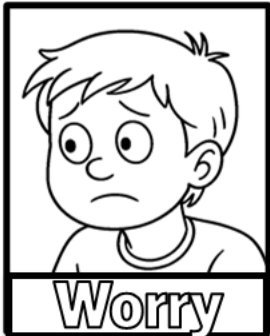


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I AM FEELING...

I CAN DO THIS TO HELP... I CAN ALSO TRY THIS...



DISASTER EDUCATION: TORNADO

➡ AFTERMATH / COPING



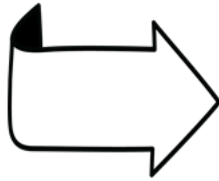
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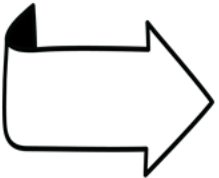
I AM FEELING... I CAN DO THIS TO GET THERE... I CAN ALSO TRY THIS...



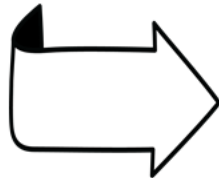
Resilient



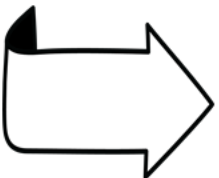
Hopeful



Safe



Grateful



POST-STORM COPING AFFIRMATIONS

"THERE ARE PEOPLE WHO CARE FOR ME AND PROTECT ME."

"I CAN HANDLE BIG FEELINGS ONE STEP AT A TIME."

"IT'S OKAY TO REST AND TAKE CARE OF MYSELF."

"I AM BRAVE, EVEN
WHEN I FEEL
SCARED."

"I CAN FIND
SOMETHING GOOD
EACH DAY."

"I CAN TAKE DEEP
BREATHS TO CALM
MY BODY."

"I CAN FIND
COMFORT IN
SMALL THINGS
THAT MAKE ME
SMILE."

"EVERY DAY, I AM
GETTING STRONGER."

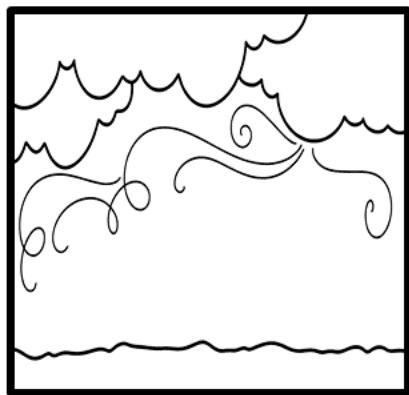
"STORMS DON'T
LAST FOREVER."

"I AM SAFE
RIGHT NOW."

"I AM LIKE A TREE — I CAN
BEND IN THE WIND AND
STILL STAND TALL."

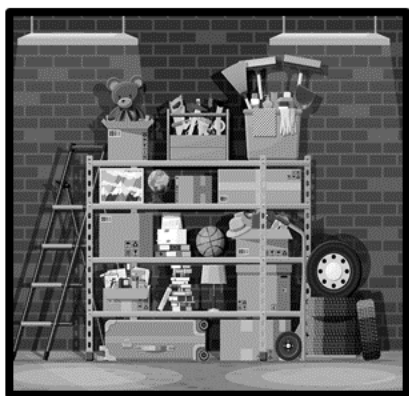


BREATHING EXERCISES



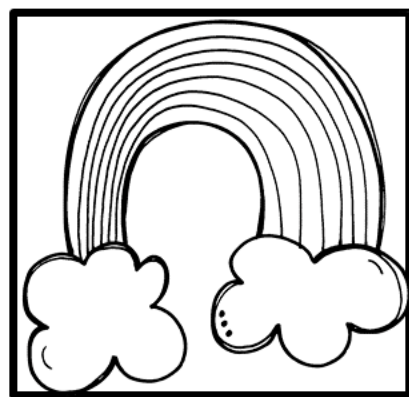
Calm the Storm **Breathing**

PRETEND YOU ARE THE WIND IN A STORM. TAKE A BIG, STRONG BREATH IN (LIKE THE WIND BLOWING). SLOWLY BREATHE OUT, LETTING THE STORM CALM DOWN UNTIL THE WIND IS GENTLE. REPEAT 3-5 TIMES, MAKING EACH EXHALE SOFTER.



Safe Shelter **Breathing**

IMAGINE YOU'RE IN YOUR SAFE PLACE DURING A TORNADO DRILL. HUG YOUR ARMS AROUND YOURSELF (LIKE MAKING A SHELTER). BREATHE IN: SAY "I AM SAFE." BREATHE OUT: SAY "I AM CALM." REPEAT 3-5 TIMES.



Rainbow **Breathing**

IMAGINE A RAINBOW STRETCHING ACROSS THE SKY AFTER THE TORNADO. AS YOU BREATHE IN, TRACE ONE SIDE OF THE RAINBOW WITH YOUR FINGER. AS YOU BREATHE OUT, TRACE THE OTHER SIDE. SAY TO YOURSELF: "STORMS PASS, RAINBOWS COME."



Tree Roots **Breathing**

SIT TALL LIKE A TREE, FEET FLAT ON THE GROUND. IMAGINE YOUR FEET GROWING STRONG ROOTS INTO THE EARTH. INHALE: FEEL YOUR CHEST AND BELLY RISE LIKE BRANCHES GROWING. EXHALE: SEND YOUR BREATH DOWN INTO YOUR ROOTS FOR STRENGTH AND SAFETY.

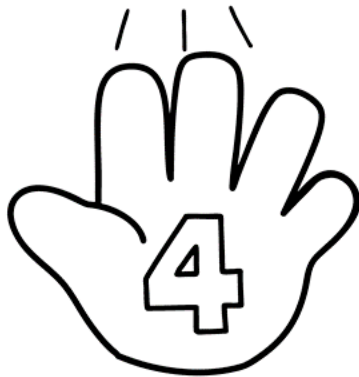
GROUNDING TECHNIQUE

5-4-3-2-1 CALM AFTER THE STORM

PRETEND THE STORM HAS PASSED AND NOW YOU'RE NOTICING
THE WORLD AROUND YOU:



5 THINGS YOU CAN SEE
(LIKE THE RAINBOW, SKY, TREES,
OR YOUR SHOES)



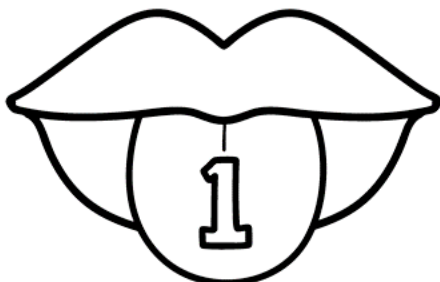
4 THINGS YOU CAN TOUCH
(CHAIR, DESK, CLOTHING,
STUFFED ANIMAL)



3 THINGS YOU CAN HEAR
(BIRDS, VOICES, YOUR BREATH)



2 THINGS YOU CAN SMELL
(SNACK, SOAP, THE AIR)



1 THING YOU CAN TASTE
(GUM, WATER, OR JUST "TASTE IN
YOUR MOUTH")

GUIDED VISUALIZATION

CLOSE YOUR EYES IF YOU FEEL COMFORTABLE OR JUST SOFTEN YOUR GAZE. TAKE A SLOW, DEEP BREATH IN... AND LET IT OUT GENTLY.

NOW IMAGINE YOU ARE OUTSIDE, AND A BIG STORM HAS JUST PASSED. THE WIND IS QUIETER. THE RAIN HAS SLOWED. THE GROUND FEELS FRESH AND COOL.

LOOK UP AT THE SKY. DARK CLOUDS ARE MOVING AWAY. AS THE SUNLIGHT PEEKS THROUGH, YOU SEE SOMETHING BEGIN TO FORM...
A RAINBOW.

IT STRETCHES ACROSS THE SKY, WIDE AND COLORFUL. RED... ORANGE... YELLOW... GREEN... BLUE... PURPLE. EACH COLOR IS BRIGHT AND BEAUTIFUL.

TAKE A DEEP BREATH IN, AND AS YOU BREATHE OUT, IMAGINE THOSE COLORS SHINING DOWN ON YOU.

THE RED MAKES YOU FEEL STRONG.

THE ORANGE GIVES YOU COURAGE.

THE YELLOW WARMS YOUR HEART WITH HAPPINESS.

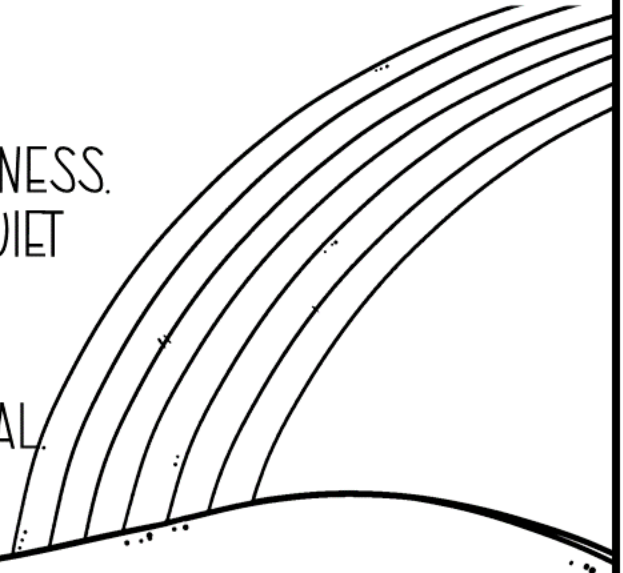
THE GREEN MAKES YOU FEEL CALM, LIKE A QUIET FIELD AFTER THE RAIN.

THE BLUE FILLS YOU WITH PEACE.

THE PURPLE MAKES YOU FEEL SAFE & SPECIAL.

LET EACH COLOR WRAP AROUND YOU LIKE A HUG.

THE STORM IS OVER. YOU ARE SAFE. YOU ARE CALM. AND JUST LIKE THE RAINBOW, YOU ARE FULL OF HOPE.



RAIN TECHNIQUE

R

RECOGNIZE

JUST LIKE NOTICING DARK CLOUDS FORMING BEFORE A STORM, RECOGNIZE WHAT YOU'RE FEELING. SAY TO YOURSELF: "I FEEL SCARED," "I FEEL WORRIED," OR "I FEEL ANGRY." NAMING THE FEELING IS LIKE WATCHING THE STORM CLOUDS WITHOUT RUNNING FROM THEM.

A

ALLOW

STORMS HAVE TO PASS IN THEIR OWN TIME. ALLOW YOUR FEELINGS TO BE THERE INSTEAD OF PUSHING THEM AWAY. TELL YOURSELF: "IT'S OKAY TO FEEL THIS RIGHT NOW."

I

INVESTIGATE

BE CURIOUS ABOUT YOUR FEELINGS, LIKE A WEATHER REPORTER STUDYING A TORNADO. ASK YOURSELF: WHERE DO I FEEL THIS IN MY BODY? (TIGHT CHEST, FAST HEARTBEAT, SHAKY HANDS) WHAT THOUGHTS ARE SWIRLING AROUND, LIKE WINDS IN THE STORM?

N

NURTURE

CARE FOR YOURSELF THE WAY HELPERS KEEP PEOPLE SAFE DURING A TORNADO. USE KIND WORDS AND COPING TOOLS: "I AM SAFE NOW." TAKE SLOW BREATHS LIKE THE STORM WINDS CALMING DOWN. IMAGINE A RAINBOW SHINING AFTER THE STORM.

YOGA MOVES



TREE IN THE WIND

- STAND TALL WITH FEET TOGETHER.
- SLOWLY LIFT ONE FOOT AND REST IT ON YOUR OTHER LEG (ANKLE OR THIGH, NOT THE KNEE).
- PRESS YOUR HANDS TOGETHER IN FRONT OF YOUR CHEST OR STRETCH THEM OVERHEAD.
- IMAGINE YOU ARE A TREE SWAYING GENTLY IN THE WIND — STEADY BUT FLEXIBLE.

CALM AFTER THE STORM



- KNEEL AND SIT BACK ON YOUR HEELS.
- FOLD FORWARD, RESTING YOUR FOREHEAD ON THE FLOOR.
- STRETCH YOUR ARMS OUT IN FRONT OR REST THEM BY YOUR SIDES.
- BREATHE SLOWLY AND IMAGINE THE CALM, QUIET AIR AFTER A STORM HAS PASSED.

STORM CLOUD STRETCH



- SIT CROSS-LEGGED ON THE FLOOR.
- REACH BOTH ARMS UP HIGH, MAKING YOUR BODY LONG.
- WIGGLE YOUR FINGERS AS IF RAIN IS FALLING FROM THE CLOUDS.
- TAKE SLOW BREATHS AS YOU STRETCH UPWARD AND RELEASE DOWN.

MOUNTAIN STRONG



- STAND TALL WITH FEET HIP-WIDTH APART.
- PLACE ARMS AT YOUR SIDES OR BRING PALMS TOGETHER IN FRONT OF YOUR CHEST.
- CLOSE YOUR EYES AND BREATHE DEEPLY.
- IMAGINE YOU ARE A STRONG, STEADY MOUNTAIN THAT CANNOT BE MOVED BY STORMS.

TORNADO TWIST



- SIT TALL WITH LEGS CROSSED OR ON A CHAIR WITH FEET FLAT.
- PLACE YOUR RIGHT HAND ON YOUR LEFT KNEE AND GENTLY TWIST YOUR BODY TO THE LEFT.
- HOLD FOR A FEW BREATHS, THEN SWITCH SIDES.
- IMAGINE YOUR TWIST IS LIKE A TORNADO SPINNING SLOWLY — POWERFUL BUT CONTROLLED.

RAINBOW REACH



- KNEEL ON THE FLOOR WITH YOUR BODY UPRIGHT.
- STRETCH YOUR ARMS OVERHEAD AND ARC THEM TO THE SIDE LIKE A RAINBOW.
- HOLD THE STRETCH, THEN SWITCH SIDES.
- PICTURE A RAINBOW SHINING AFTER THE STORM.

BODY SCAN MEDITATION

IMAGINE YOUR BODY IS LIKE THE LAND AFTER A BIG STORM — IT NEEDS TIME TO REST, REPAIR, AND FEEL SAFE AGAIN. WE'LL CHECK IN WITH EACH PART OF YOU, HELPING IT GO FROM STORMY TO CALM, LIKE SEEING A RAINBOW AFTER THE TORNADO.



GETTING READY

- SIT OR LIE DOWN IN A COMFORTABLE POSITION.
- CLOSE YOUR EYES IF YOU FEEL SAFE OR KEEP THEM SOFTLY OPEN.
- TAKE A SLOW BREATH IN... AND A SLOW BREATH OUT.



HEAD AND FACE — CLEARING THE CLOUDS

- IMAGINE YOUR FOREHEAD, EYES, AND JAW ARE LIKE A SKY FULL OF STORM CLOUDS.
- AS YOU TAKE A BREATH, PICTURE THE CLOUDS MOVING AWAY, LEAVING CLEAR, CALM SKIES.
- LET YOUR FACE SOFTEN, LIKE THE SUN PEEKING THROUGH.



SHOULDERS — RELEASING THE HEAVY WINDS

- NOTICE YOUR SHOULDERS. DO THEY FEEL TIGHT, LIKE THE STRONG WINDS OF A TORNADO?
- TAKE A DEEP BREATH IN, AND AS YOU BREATHE OUT, IMAGINE THOSE WINDS SLOWING DOWN.
- YOUR SHOULDERS FEEL LIGHTER, CALMER, LIKE THE AIR AFTER A STORM.



ARMS AND HANDS — CALMING THE SHAKES

- PAY ATTENTION TO YOUR ARMS AND HANDS. MAYBE THEY FEEL RESTLESS OR FIDGETY, LIKE BRANCHES SHAKING IN THE STORM.
- IMAGINE THOSE BRANCHES NOW GENTLY SWAYING IN A LIGHT BREEZE.
- LET YOUR ARMS AND HANDS REST PEACEFULLY.

BODY SCAN MEDITATION



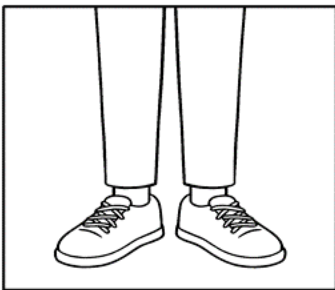
CHEST AND HEART – FINDING THE RAINBOW

- FOCUS ON YOUR CHEST AND HEART. AFTER A STORM, THE AIR FEELS HEAVY, BUT SOON THE RAINBOW APPEARS.
- BREATHE IN SLOWLY, FILLING YOUR CHEST WITH FRESH, CALM AIR.
- BREATHE OUT AND IMAGINE A RAINBOW OF HOPE SHINING IN YOUR HEART.



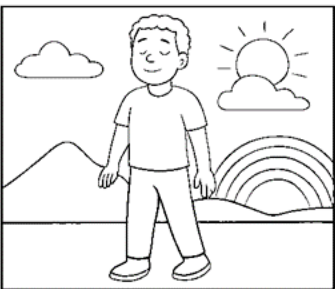
STOMACH – SETTLING THE STORM

- NOTICE YOUR BELLY. SOMETIMES IT FEELS TIGHT, LIKE THE GROUND SHAKING IN THE STORM.
- PLACE A HAND ON YOUR STOMACH AND TAKE A SLOW BREATH IN... THEN LET IT OUT GENTLY.
- IMAGINE THE GROUND BECOMING STEADY AGAIN, SAFE AND CALM.



LEGS AND FEET – STANDING STRONG

- BRING YOUR FOCUS TO YOUR LEGS AND FEET. THEY ARE YOUR FOUNDATION, LIKE THE GROUND AFTER THE STORM HAS PASSED.
- FEEL THEM HEAVY, STEADY, STRONG.
- IMAGINE YOU ARE A MOUNTAIN THAT THE WINDS CANNOT MOVE.



CLOSING – CALM AFTER THE STORM

- TAKE ONE LAST SLOW BREATH IN... AND OUT.
- PICTURE THE WORLD AROUND YOU AFTER THE TORNADO: CALM SKIES, GENTLE AIR, A RAINBOW ABOVE.
- REMAND YOURSELF: "THE STORM HAS PASSED. I AM SAFE. I AM STRONG."

LOOK FOR THE HELPERS

STORMS LIKE TORNADOES CAN FEEL SCARY. BUT DO YOU KNOW WHAT MR. ROGERS ALWAYS SAID? *'LOOK FOR THE HELPERS. THERE ARE ALWAYS PEOPLE HELPING.'*

WHO ARE HELPERS YOU KNOW IN OUR COMMUNITY?

HOW DO HELPERS MAKE US FEEL AFTER SOMETHING SCARY?

CAN KIDS BE HELPERS TOO? WHAT SMALL WAYS CAN WE HELP OTHERS?



ONE HELPER I SAW
AFTER A STORM IS:

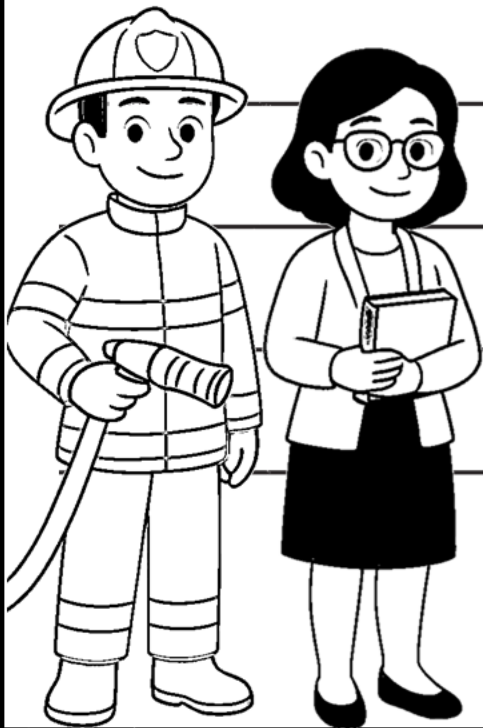
THEY MADE ME FEEL:



THANK YOU, HELPER!

WRITE A LETTER OF THANKS TO A HELPER IN YOUR COMMUNITY.





COPING TIPS FOR PARENTS



EXPERIENCING A TORNADO CAN BE FRIGHTENING FOR CHILDREN AND FAMILIES. HERE ARE SOME SIMPLE WAYS TO SUPPORT YOUR CHILD AS THEY COPE WITH THE AFTERMATH.

➡ SUPPORTING YOUR CHILD EMOTIONALLY

- LISTEN AND REASSURE – ALLOW YOUR CHILD TO SHARE FEELINGS AND REMIND THEM THEY ARE SAFE.
- MAINTAIN ROUTINES – KEEP MEAL, BEDTIME, AND SCHOOL SCHEDULES CONSISTENT.
- ENCOURAGE EXPRESSION – LET CHILDREN DRAW, PLAY, OR TELL STORIES TO PROCESS FEELINGS.

➡ COPING STRATEGIES TO PRACTICE TOGETHER

- BREATHING – TRY 'SMELL THE FLOWER, BLOW OUT THE CANDLE' TOGETHER.
- GROUNDING – NOTICE 5 THINGS TO SEE, 4 TO TOUCH, 3 TO HEAR, 2 TO SMELL, 1 TO TASTE.
- POSITIVE AFFIRMATIONS – REPEAT CALMING WORDS LIKE 'I AM SAFE' AND 'I AM STRONG.'

➡ WHEN TO SEEK EXTRA SUPPORT

- FREQUENT NIGHTMARES OR TROUBLE SLEEPING.
- ONGOING FEAR, CLINGINESS, OR WITHDRAWAL.
- FREQUENT HEADACHES, STOMACHACHES, OR APPETITE CHANGES.

➡ SCHOOL SUPPORT

OUR STAFF ARE HERE TO HELP. WE WILL PROVIDE EXTRA EMOTIONAL SUPPORT IN THE COMING DAYS. IF YOU HAVE CONCERNS, PLEASE CONTACT:

TYPE HERE THE PERSON THEY SHOULD CONTACT.

DISASTER EDUCATION: TORNADO



STRESS ASSESSMENT

	NONE OF THE TIME	SOME OF THE TIME	MOST OF THE TIME
1. DO YOU GET SCARED, AFRAID OR UPSET WHEN YOU THINK ABOUT THE TORNADO?			
2. DO YOU GO OVER IN YOUR MIND WHAT HAPPENED, SEEING PICTURES OR SOUNDS IN YOUR MIND ABOUT THE TORNADO?			
3. DO THOUGHTS ABOUT THE TORNADO COME BACK TO YOU EVEN WHEN YOU DON'T WANT THEM TO?			
4. DO YOU HAVE DREAMS ABOUT THE TORNADO OR HAVE TROUBLE SLEEPING?			
5. DO YOU WORRY THAT THE TORNADO WILL HAPPEN AGAIN?			
6. WHEN SOMETHING REMINDS YOU OF THE TORNADO, DO YOU GET TENSE OR UPSET?			
7. IS IT AS EASY TO PAY ATTENTION (CONCENTRATE) AS BEFORE THE TORNADO?			
8. DO YOU GET MORE STOMACH ACHES, HEADACHES, OR OTHER SICK FEELINGS SINCE THE TORNADO THAN YOU DID BEFORE?			

DISASTER EDUCATION: TORNADO



STRESS ASSESSMENT

	NONE OF THE TIME	SOME OF THE TIME	MOST OF THE TIME
9. DO YOU FEEL MORE ALONE INSIDE, OR MORE ALONE WITH YOUR FEELINGS- LIKE OTHERS DON'T UNDERSTAND?			
10. DO YOU STARTLE MORE EASILY OR FEEL MORE JUMPY OR NERVOUS THAN BEFORE THE TORNADO?			
11. DO YOU SLEEP WELL AFTER THE TORNADO?			
12. DO YOU FEEL BAD OR GUILTY BECAUSE YOU DIDN'T DO SOMETHING YOU WISH YOU HAD DONE?			
13. DO YOU WANT TO STAY AWAY FROM THINGS THAT REMIND YOU ABOUT THE TORNADO?			
14. DO YOU DO THINGS THAT YOU WOULD NOT HAVE DONE BEFORE? (ACTING OUT, FIGHTS, DISOBEYING)			
15. SINCE THE TORNADO, ARE YOU DOING THINGS AGAIN THAT YOU ONCE STOPPED DOING? (BITING NAILS, HABITS)			
16. DO THOUGHTS OR FEELINGS ABOUT THE TORNADO GET IN THE WAY OF REMEMBERING THINGS?			

counseling

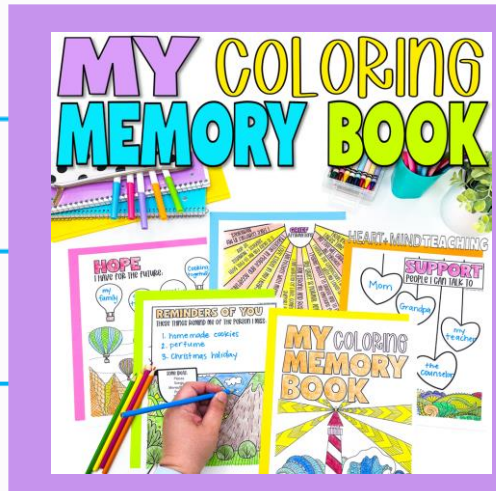
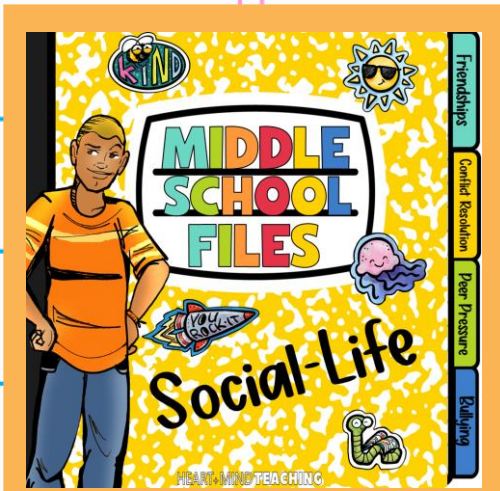
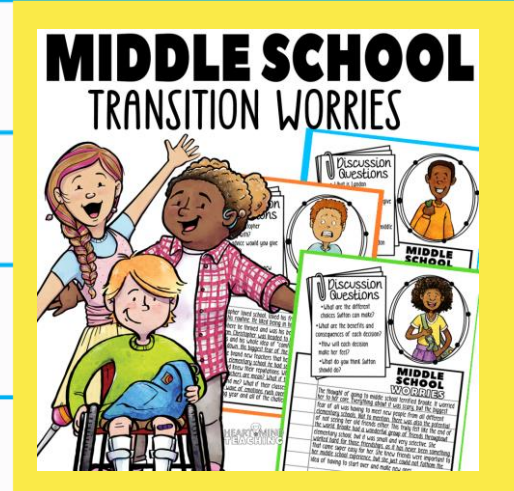
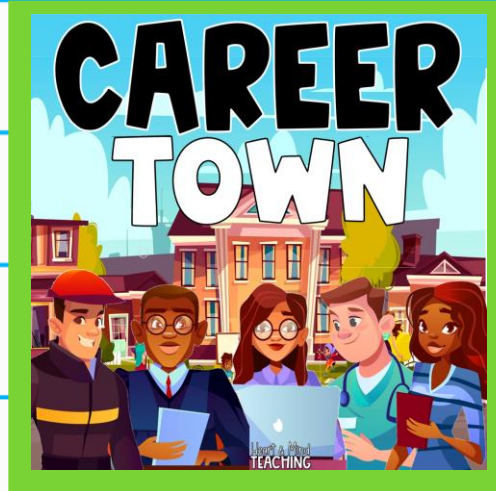
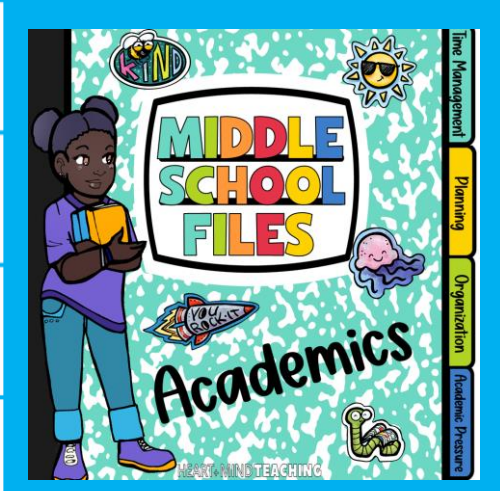
sel

small groups

book companions

behavior

♡♡ Best Selling Resources ♡



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